

The Exercise & Fitness Trail



**DODGE CITY
COMMUNITY COLLEGE**

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The Exercise & Fitness Trail

The **Exercise & Fitness Trail** on the southwest corner of the campus of Dodge City Community College is just what the doctor ordered! The **Exercise & Fitness Trail** is a prescription for a healthy life.

Dodge City Community College invites you to visit the campus and to enjoy **your** Community College facilities. In addition to the **Exercise & Fitness Trail** described in this brochure, you are invited to fish in Lake Charles, to have a picnic in the lake area, or simply to sit in the attractive gazebo and enjoy the serenity of the outdoors. This is **your** Com-

munity College, so please enjoy the beautiful campus and facilities.

This "wellness through fitness program" was designed by experts in sports, cardiovascular medicine, and motivation from Stanford University and the Arizona Heart Institute.

It has been designed to be enjoyed by people of all ages, and most important, this jogging course takes joggers off the streets, and away from traffic.

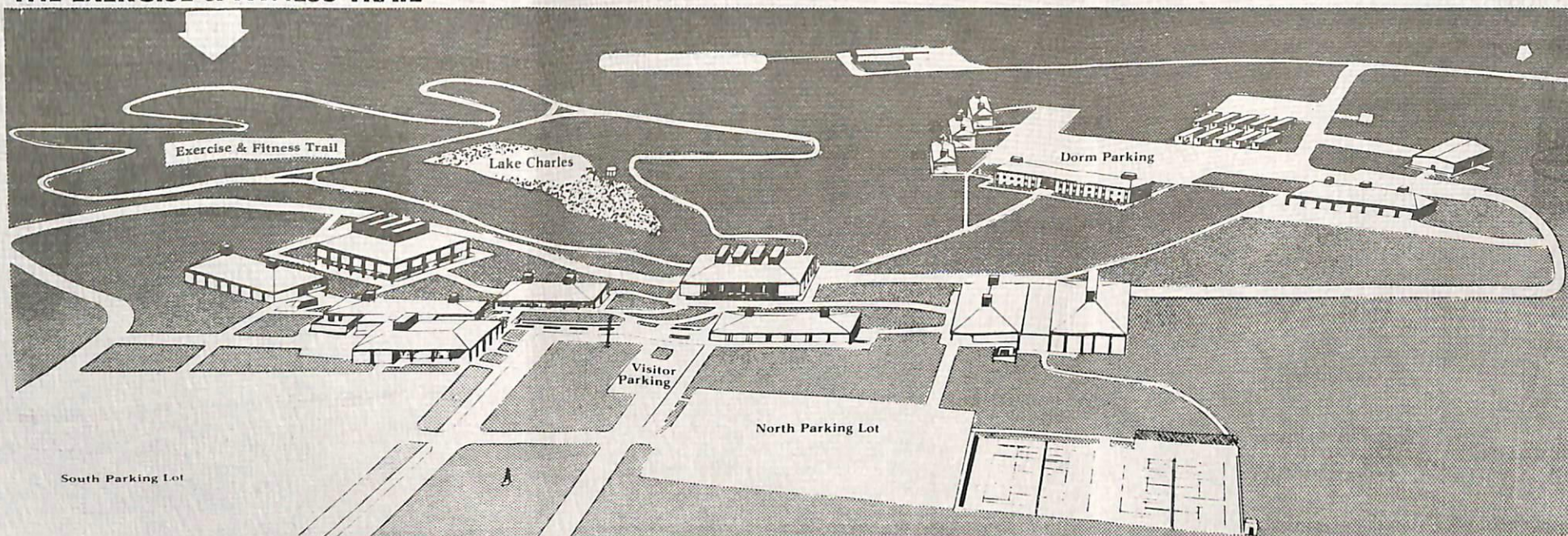
Total fitness requires strength and flexibility. Running is not enough. The trail combines running with strength and flexibility games.

This course has three levels, and the course has three distances: the *½ mile, **one mile, and the ***1¼ mile course.

There are 20 exercise stations. The first five are for warm up and stretching. The next equally spaced stations are designed to strengthen and condition, and improve cardiovascular health. There is also a station to show you how to take pulse count, and you receive points when your heart rate is at a certain level. The last five stations are for cool down and stretching to help do away with the "day after exercise muscle hangovers."

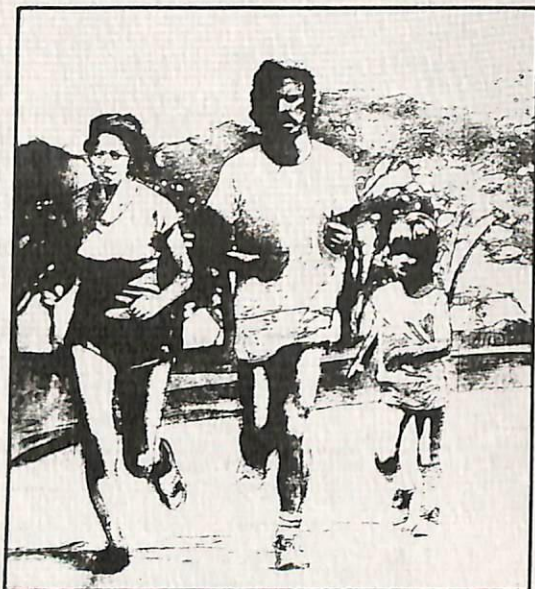
The DCCC **Exercise & Fitness Trail** helps take the boredom and fear out of exercise. It is like a giant board game, where you always win. No matter what fitness level you find yourself in, this course will challenge, motivate, and reward you at every turn. The Rx we recommend for prevention of disease and enjoyment of life is a regular dose of our community's new and exciting **Exercise & Fitness Trail!**

THE EXERCISE & FITNESS TRAIL



The **Exercise & Fitness Trail** is made possible through the cooperation of Humana Hospital, Wells Fargo, and DCCC.

These Games are yours all year 'round!



The Exercise & Fitness Trail is meant to prove that you're never too young or too old to enjoy getting out, getting active, and getting involved! So come on out... visit the Dodge City Community College **Exercise & Fitness Trail**! It's an adventure in fitness that's friendly, fun, and free!

* $\frac{1}{2}$ Mile Course



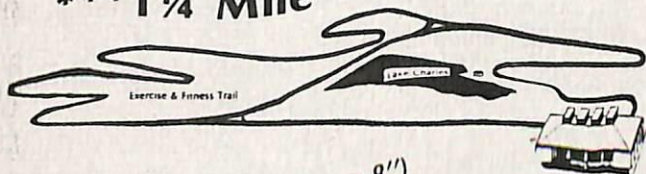
(Around one-half of track)

**1 Mile Course



(Around outside of track)

*** $1\frac{1}{4}$ Mile Course



(Around track in a "figure 8")